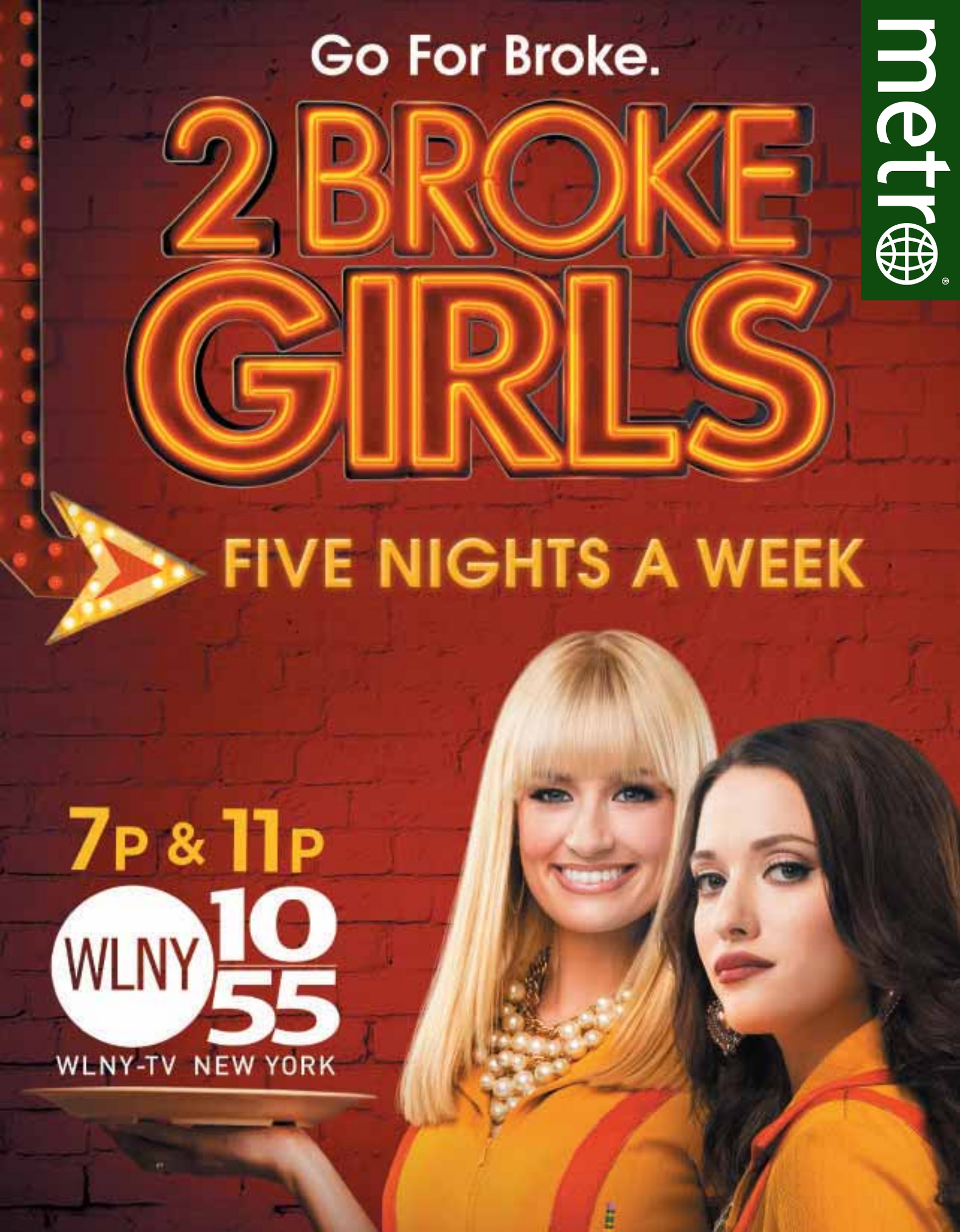
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BROWN BANNED FROM GOING DOWN UNDER

AUSTRALIA DRAWS THE LINE AT ADMITTING CHRIS BROWN. PAGE 17

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Monday, September 28, 2015 www.metro[illegible]NewYork

NOSEDIVE

NFL. The Jets were grounded by the Eagles on Sunday at MetLife Stadium, falling back to Earth after a 24-17 loss. Ryan Fitzpatrick threw three picks in the defeat. PAGE 27

Jets quarterback Ryan Fitzpatrick is decked by Philadelphia's Connor Barwin Sunday at MetLife Stadium. / GETTY IMAGES

More school gardens and kitchen classes

PAGE 02

Kelis' good cooking brings us to the yard

PAGE 18

Elizabeth Gilbert on how to live your dream

PAGE 24

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NEWS

Top 3

The best of Metro.us

1 'UPDATE: Marshfield murder suspects arrested in Dorchester'

2 'LIVE BLOG: Philadelphia and Catholics witness Pope Francis' mass'

3 'Road closures for Philly Papal visit announced'

On the go

Love getting your news fix with Metro? We know you do. Get more of the news, columns, reviews and games you love with Metro's digital newsletter. Sign up today at Metro.us /newsletters.

Metro visits PS 216 for a tour of its garden and interviews with the children who are there to learn about healthy living and farming. / MILES DIXON

School gardens, kitchen classes grow

Collaboration. FoodCorps and Edible Schoolyard NYC hope to expose a new crop of NYC kids to healthy foods.

Quoted

"It helps that so many people here are invested in reducing health disparities."

Klemperer

Fourth-grader Gregory Demchko began working in his school's garden in kindergarten, he said as he munched on an Asian pear grown on a nearby tree.

A fan of science, Demchko pointed out the fruit he just took a bite out had two skins. But the first seeds he remembered planting at PS 216 in Gravesend were onions in second grade.

"My mom says I have a green thumb, which is definitely true," Demchko said.

His school in south Brooklyn stands as one of the city's shining examples of what nutrition classes can look like when combined with academics and an excited community.

A new partnership between local nonprofit Edible Schoolyard NYC — which operates PS 216's garden and kitchen classroom — and national organization FoodCorps aims to do the same for as many as 8,000 public school students.

In 2012, the city Health Department reported that one in four students attending schools in high-poverty areas eats fruits or vegetables at least twice a day. Overall, students at high-poverty schools were more likely to be overweight or obese than peers at low-poverty schools.

Along with PS 216, Edible Schoolyard NYC has spent the last five years at East Harlem's PS 7 helping plant gardens and offering interactive lessons that incorporate foods kids grow at their schools.

Kate Brashares, Edible Schoolyard NYC's director, explained that the partnership with FoodCorps' 20 public schools in Brooklyn, the Bronx and Manhattan will soon install gardens and work FoodCorps-trained volunteers.

Much of what kids participating in Edible Schoolyard NYC programs will coordinate, the work FoodCorps workers will do with the new network of schools. It's an adaptation of what Edible Schoolyard NYC already does on a smaller, more flexible scale.

Besides regular time in a garden tended to by kids and volunteers, students also spend time in the classroom learning about the foods they're growing and learn to cook at school with a new monthly recipe they also take home.

Launched in 2009 following a national push to engage young Americans in public service, FoodCorps has worked in towns and cities across the country to change student attitudes toward food and improve eating habits.

Jerusha Klemperer, a FoodCorps co-founder, said the group was excited to see what they can do across the schools in Brooklyn, the Bronx and Manhattan selected with help from the city's departments of health and education to join in the expansion.

"People kept asking when we were coming to New York," she said. "It helps that so many people here are invested in reducing health disparities."

While only working with a small but growing number of New York City's 1.1 million public school kids, Brashares said programs like the one they're spreading with FoodCorps' help instills not only nutritional education but also a sense of pride and community.

"We've chosen schools that already have some interest in this but also some that can really benefit from the program," she said.

Brashares added that their work is in line with what kids are learning in their regular classes.

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What's your advice for other kids who are learning how to eat healthier with their own new gardens?

"Respect the plant. Try to protect the plants and be respectful because you don't want to crush something that is a part of our living life."

Gina Lim, 10

"Some people aren't crazy about fruits and vegetables, but I think you should be open-minded and try everything once."

Ella Munteoreanu, 10

"I don't really have any advice, but they should eat healthier. It's not something I've learned but something I've known my entire life."

Gregory Demchko, 9

"Be gentle with the plants. It takes a lot of time and work for them to grow."

Matthew Sarmiento, 8

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Closed. City refuses landmark status to three Catholic churches

Three empty Manhattan Catholic churches' last-ditch attempt to preserve the buildings failed last week, according to a published report.

The city's Landmarks Preservation Commission denied requests by the three churches to protect the buildings, Crain's New York reported.

Applications to save the Upper East Side's St. Elizabeth of Hungary at East 83rd Street and St. Stephen of Hungary at East 82nd Street, as well as East Harlem's Holy Rosary at East 119th Street were declined by the commission after it found none had enough historic merit for even temporary protection.

Crain's reported two other churches did qualify and can be saved from any changes to the buildings that fail to maintain their historic look and feel.

All three churches denied landmark status were on a list released by the Archdiocese of New York — which oversees churches in Manhattan, Staten Island, the Bronx and seven other counties — that listed 31 congregations selected to close and merge with neighboring parishes.

Crain's had previously reported that parishioners of the Church of St. Vincent de Paul in Chelsea had appealed the decision to shutter that church through the Vatican's court system. That case is before the highest court, the Apostolic Signatura, according to Crain's.

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ALL PHOTOS REBECCA SESNEY

41st annual Atlantic Antic

Thousands of New Yorkers flocked toward Atlantic Avenue on Sunday afternoon for the yearly Atlantic Antic street festival that stretched between Fourth Avenue and Hicks Street. Now in its 41st year, the Atlantic Avenue Local Development Corporation hosts the event featuring street food, live music and craft stands from local vendors.

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NYC officials praise 'seamless' papal visit

Security. The NYPD is still on the clock as the United Nations General Assembly meets on Monday following Pope Francis' visit.

Pope Francis / ALL PHOTOS GETTY IMAGES

Pope Francis' three-day visit to New York City went off without a hitch, according to city officials.

Tens of thousands of New Yorkers and tourists alike poured into Manhattan for the Holy Father's first visit to the city, a three-day excursion that NYPD Commissioner Bill Bratton earlier described as part of the "largest security challenge ever" for police.

"The whole event went remarkably well, especially given the unique and potentially unpredictable circumstances of this papal visit," NYPD spokesman Stephen Davis said on Sunday.

"The coordination with the other agencies and organizations involved was virtually seamless," Davis said, adding that the 6,000 officers working with Secret Service and FBI agents encountered no disturbances for "an overall very successful series of events."

Officers were also on hand Saturday for the Global Citizen Festival, which drew thousands of visitors to watch musical acts Beyonce and Coldplay in Central Park less than 24 hours after 80,000 people watched Pope Francis' procession through the park.

The police department's work is far from over, however. Dignitaries from around the world will flock to Manhattan for the United Nations General Assembly.

Between the papal visit and the U.N. event, the NYPD expects to conduct at least 220 motorcades throughout the city as leaders will convene in the Upper East Side on Monday.

As the MTA promised before the pope landed at JFK Airport on Thursday afternoon, more personnel were on hand at stations near or along Pope Francis' stops in East Harlem, Central Park, midtown and lower Manhattan.

The transit agency rerouted 25 local buses, but there were no major incidents with public transportation reported during the visit. An MTA spokesman did not respond to Metro by press time.

Almost immediately after Pope Francis headed to Philadelphia for the last leg of his visit to the United States, Mayor Bill de Blasio released a statement that the visit was a "historic experience for hundreds of thousands of New Yorkers across the five boroughs."

"I'm humbled that the world's leading moral voice chose to grace our city with his presence, and deeply moved by the message of unity and compassion he brought here this week," the mayor said.

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Jail and fine

Cuomo signs bill to increase penalties on subway gropers

Any New Yorkers preying on fellow straphangers will now face steeper penalties.

Gov. Andrew Cuomo signed a bill that would increase punishment for any person caught taking advantage of crowded trains and buses to sexually assault other riders.

"Those who commit these despicable acts will be caught and, with this new law, will face very real consequences," Cuomo said in a statement.

Those consequences include up to a year in jail and a $1,000 fine if convicted. The same offenses had been lower-grade misdemeanors.

The new law takes effect Nov. 1. **cs**

Cuomo / GETTY IMAGES

De Blasio / GETTY IMAGES

De Blasio meets with Raul Castro

Progressives. The mayor met with the communist leader ahead of the United Nations General Assembly.

New York City's left-leaning Mayor Bill de Blasio met with the president of Cuba in Manhattan on Saturday, the Associated Press reported.

Cuban officials invited de Blasio, who visited the Communist island nation in 1991 for his honeymoon, to visit with President Raul Castro in the country's mission inside the United Nations building.

De Blasio spokesman Peter Kadushin released a statement that the mayor and controversial head of state had a "productive exchange of ideas" as they discussed prekindergarten education, health care and women's rights for about an hour.

De Blasio's visit comes one day after Gov. Andrew Cuomo met with Castro. The two had not met during Cuomo's trade mission to Havana in April.

Castro, 84, rose to the presidency in 2008 following his 89-year-old brother Fidel's more than 30 years of uncontested leadership.

Earlier in the day, the younger Castro spoke at a development summit, during which he praised improving relations between Cuba and the United States but also slammed ongoing trade embargoes.

Castro is scheduled to address world leaders for the first time as president at the United Nations General Assembly on Monday.

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Ouch

NYPD: Man mishandles handgun, shoots himself in groin in Brooklyn

A Brooklyn man thought to be urinating on an East Flatbush street ended up shooting himself in the groin with a Glock 19 handgun, police said.

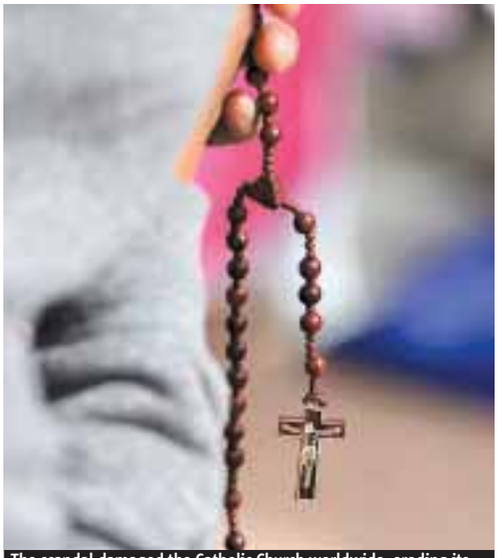
Javier Thomas faces reckless endangerment and weapons possession charges after authorities said he appeared to be urinating at the corner of East 93rd Street and Clarkson Avenue on Saturday.

When police approached him, they heard a gunshot from where Thomas stood. The officers said Thomas started to run but cops apprehended him.

Police saw Thomas had shot himself in his groin but had no gun on him. Investigators soon found a loaded and defaced handgun hidden under the tire of a nearby minivan.

Paramedics took Thomas to Kings County Hospital, where he was in custody and in stable condition. **cs**

Pope meets with clergy sex abuse victims



The scandal damaged the Catholic Church worldwide, eroding its moral authority and requiring costly legal settlements. / GETTY IMAGES

Scandal. Reports that priests had sexually abused children and bishops had covered up their actions emerged in 2002.

Pope Francis confronted the sexual abuse of children by Roman Catholic clergy on the final day of his U.S. visit on Sunday, meeting with five adults abused as children and vowing to hold accountable those involved in the crimes and cover-ups.

"I have in my heart the stories of suffering and the pain of the minors who were sexually abused by priests," the 78-year-old Argentine pope, speaking in his native Spanish, told bishops in Philadelphia after meeting privately with the victims, three women and two men.

"This disgrace keeps burdening me, that the people who had the responsibility of caring for these tender ones raped them and caused them great pain. God weeps for the sexual abuse of children," the leader of the world's 1.2 billion-member Catholic Church added.

The pope offered his most comprehensive comments on the sexual abuse scandal in his two-and-a-half-year papacy and used his strongest language yet in condemning it and promising that "all responsible will be held accountable." It was believed to be the first time any pope has publicly described the abuse as rape.

The pope was criticized by abuse victims earlier in his U.S. trip after he addressed the scandal on Wednesday. At that time, he did not utter the words "sexual abuse," praised bishops for their "courage" and "generous commitment to bring healing to victims" and lamented that "pain" from the scandal had burdened them.

On Sunday, Francis told the victims he deeply regretted that some bishops had failed to protect children and was disturbed that in some cases bishops were the abusers.

The meeting marked just the second time Francis has met victims of clergy sexual abuse and was the first on a foreign tour. REUTERS

Quoted

"I am profoundly sorry that your innocence was violated by those who you trusted."

Pope Francis told the victims, according to a transcript provided by the U.S. Conference of Catholic Bishops

Prison visit

Pope tells Philly prisoners, all people need to be 'cleansed'

Pope Francis took time out from the crowds in Philadelphia on Sunday to visit a prison, telling inmates that all people need to be "cleansed" and they should not view their confinement as exclusion from society.

Meeting 60 men and 11 women prisoners in a drab room at the Curran-Fromhold Correctional Facility, the Argentine-born pope stressed their time behind bars was meant to rehabilitate them. He then shook hands with each inmate, blessing all and hugging some who rose to greet him.

Francis has emphasized outreach to the poor, to

Pope Francis / GETTY IMAGES

immigrants and those on the margins of society throughout his visit to the United States. He lunched with homeless people in Washington on Thursday.

"All of us need to be cleansed, to be washed, all of us, and me in the first place," the pope said in his native Spanish at the prison, which houses some 2,800 inmates.

"This time in your life can only have one purpose: to give you a hand in getting back on the right road," he told the inmates and assembled family members. "All of us are part of that effort." REUTERS

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Five things you need to know

1 House will pass funding bill and avoid government shutdown: Boehner

U.S. House Speaker John Boehner vowed on Sunday that Congress will avoid a government shutdown this week and he would push through as much unfinished legislation as possible before leaving at the end of October.

Speaking on CBS's "Face the Nation" two days after his surprise resignation, he said the House this week would pass a government funding bill now moving through the Senate, which does not meet conservatives' demands to cut off money for Planned Parenthood.

Asked if passage would require Democratic votes, he responded: "I'm sure it will, but I suspect my Democratic colleagues want to keep the government open as much as I do."

Boehner resigned amid deep divisions among House Republicans over a range of issues including the handling of a Sept. 30 deadline to approve new funding for federal agencies and programs from education to national parks.

Conservative Republicans, some of whom have called for his ouster, have insisted on punishing Planned Parenthood by withholding funds over allegations that the nonprofit group improperly sold tissues harvested from aborted fetuses. **REUTERS**

BOEHNER GETTY IMAGES

2 Baltimore cop warned Gray needed medical help: Reports

A Baltimore police officer charged with manslaughter over the death of black man Freddie Gray told another officer the man in their custody appeared to need medical assistance but none was provided at the time, the Baltimore Sun reported.

Prosecutors have said Officer William Porter was called by Officer Caesar Goodson Jr., the van's driver, to check on Gray's status.

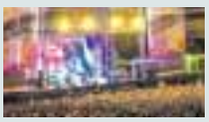
Porter told investigators he informed Goodson, who is also black, the jail booking facility would not process Gray because he was in medical distress, according to an article. **REUTERS**

3 At least 10 people injured at Arizona music festival

At least 10 people were injured when the crowd at a music festival in Arizona rushed the stage, according to local media.

At least seven people were taken to the hospital with injuries after the crowd at the Summer Ends music festival in Tempe pushed toward the stage, AZFamily.com reported. Ten to 12 people were injured in the melee.

Hip-hop artist J. Cole was the headliner. It is unclear whether he was onstage when the incident occurred. **REUTERS**



4 France launches airstrikes against ISIS in Syria

France said on Sunday it launched its first air strikes in Syria, destroying an Islamic State (ISIS) training camp in the east of the country to prevent the group from carrying out attacks against French interests and to protect Syrian civilians.

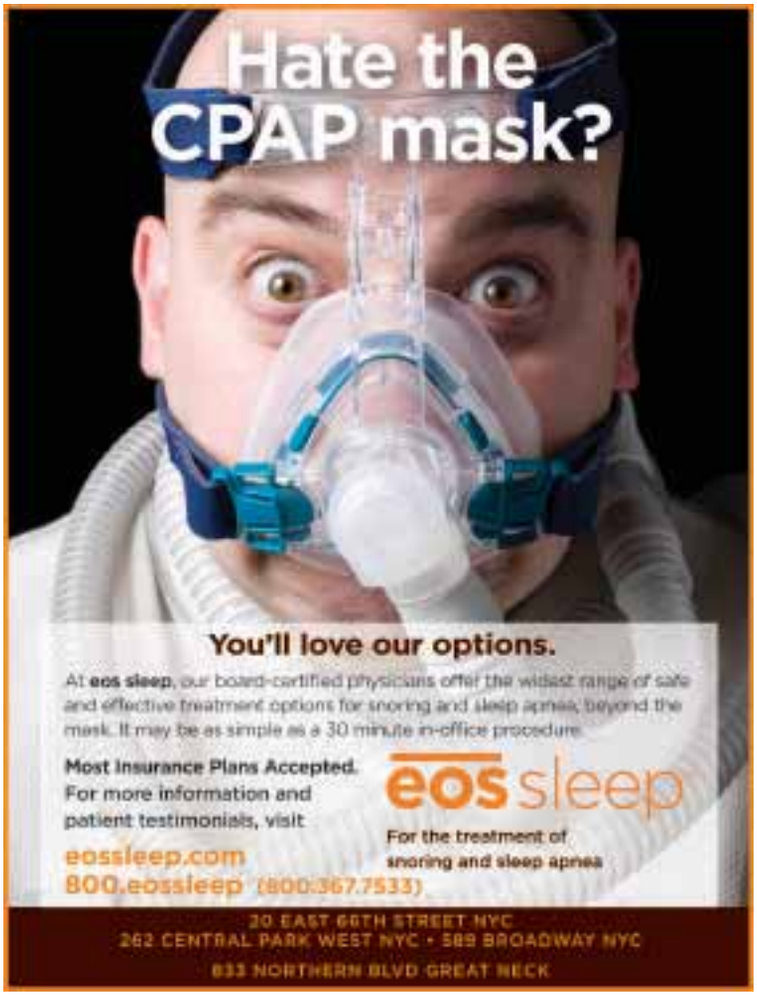
France had until now only struck ISIS targets in neighboring Iraq, carrying out just 3 percent of air strikes in an offensive on the group by a U.S.-led coalition. France has also provided limited logistical support to Syrian rebels it considers moderate, including Kurds. **REUTERS**

5 Obama to meet with Cuba's Castro Tuesday at UN

President Barack Obama will meet with Cuba's President Raul Castro on Tuesday on the sidelines of the United Nations General Assembly, a White House official said.

It will be the second meeting between the two leaders since they announced a detente following more than half a century of animosity between the former Cold War foes that led to the restoration of diplomatic relations on July 20. They last met in Panama City in April. **REUTERS**

CASTRO /GETTY IMAGES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Manhattan Eye, Ear, and Throat Hospital - Corwin Hall, Second Floor
210 East 64th Street, New York, NY 10021
Partners and guests welcome. Refreshments will be served.
Space is limited, call to register today. 1-877-433-2873
1. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prostheses. American Medical Systems. 2012.
2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010. 3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.
4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.
5. Penile prosthesis. http://www.essm.org/society/esha/malesd/oraltreatments/penileprosthesis.html.
European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.
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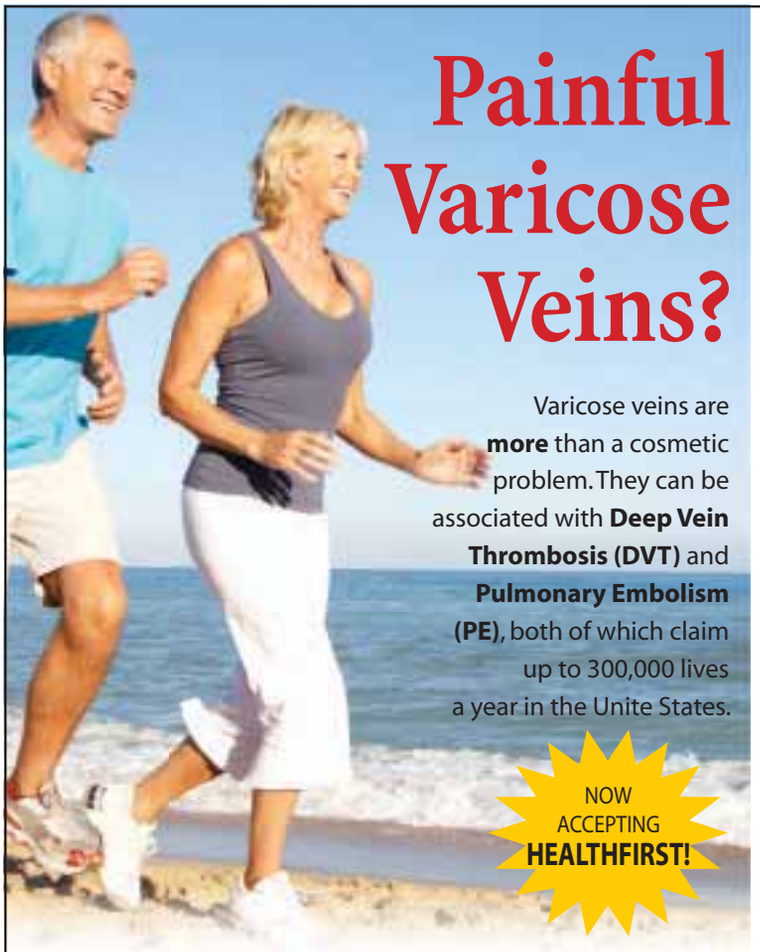

Painful Varicose Veins?

Varicose veins are **more** than a cosmetic problem. They can be associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE)**, both of which claim up to 300,000 lives a year in the Unite States.

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- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain and Cramps
- ☑ Skin Discoloration
- ☑ Ulcers and Blood Clots
- ☑ Difficulty Walking
- ☑ Heaviness and Swelling

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Sore Legs and Feet—a Sign of Serious Health Problems?

Most of us don't think much about our legs and feet until they start hurting. When they do, we may try to live with the pain, instead of seeing a doctor about it. Putting off a checkup, however, can have serious health consequences, as sometimes foot and leg problems can hide deeper health issues.

Doctor Yan Katsnelson—a Harvard-trained cardiovascular surgeon, expert in minimally invasive surgery, and founder of the USA Vein Clinics—tells us why it's so important to see a doctor sooner rather than later when experiencing leg and foot pain.

Research has shown that nearly 50% of the world's population will eventually be plagued with vein disorders. The symptoms, however, are sometimes difficult to detect during the early stages. What should we watch for?

If your feet feel tired and swollen at the end of the day, or if a tingling sensation bothers you and you see a blue, web-like pattern on your skin, it's time to see a specialist, as these could be signs of a potential problem. If you wait, the symptoms may become worse, possibly leading to pain, ulcers, and even blood clots.

There's a tendency to ignore the warning symptoms of vein disease. Why is that dangerous?

Veins are blood vessels that pump blood to the heart. They contain special valves that open to let blood flow in the right direction and close to prevent it from flowing in the wrong direction. If these valves start malfunctioning—the main symptom of varicose veins—serious complications may follow. In some cases, without treatment, they may lead to the loss of a leg.

What do you say to people who may be frightened of doctors, or the treatments they may recommend?

I would say to readers of *Metro* and all of our patients— don't be scared! Due to a new revolutionary procedure implemented a few years ago— Endovenus Laser Treatment (EVLT)—it is practically painless, and the patient can quickly return to his/her regular activities. Treatment typically takes about half an hour if the veins at the beginning stages of the disease—more complicated cases may require several treatments. The day of the procedure, we recommend the patient walk short distances, and in two days, completely resume all physical activities. In three to four days, we check the vein status ultrasonically.

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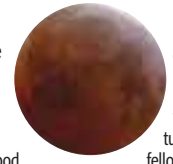
BAD MOON RISING

The Foreman Forecast

TOM FOREMAN

TOM FOREMAN IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY."



My dentist asked me this week, "What the heck is happening in the world? The pope came, John Boehner went and now I hear we've got a super blood moon — whatever that is. Can you explain?" Considering I had a mouth full of knuckles, I answered with a definitive "Urg um mphhh!" But Capitol Hill is experiencing some unusual — maybe downright mystical — doings lately, so here are my three things to watch this week in politics.

1. TOIL AND TROUBLE: Behind their neon signs, fortune tellers in D.C. may see a rush of customers this week, as everyone tries to read the tea leaves about the next Speaker of the House. John Boehner's sudden departure (complete with him signing Zip-A-Dee-Doo-Dah) turned the Republican Party's barely contained bedlam into complete chaos. Forget the presidential race for a while. Right now, all eyes are on the crystal ball for who will be third in line for the presidency, with plenty of names in the bubbling brew of speculation.

2. PUTIN A SPELL ON YOU: President Barack Obama may be secretly thrilled about the GOP turmoil (and some of his fellow Dems are not secret about it), but he has worries of his own. The president is set to meet the man who may well be considered a warlock by this administration: Vladimir Putin. The Russian leader seems to have shrugged off almost every complaint the White House has raised about Ukraine, Iran, human rights — you name it. All of that will be on the table as the superpower leaders meet at the United Nations.

3. TAROT — MAKE THAT TRUMP CARDS: If there is an antidote to the spell Donald Trump has cast over voters, it may lie in a dearth of info about his supposedly great plans for the economy. But he is promising to reveal all this week — including middle class tax cuts, and tax hikes on some of the wealthy. Watch for the hardcore conservatives to react with something like, "Ooooo, spooky!"

Clinton on email controversy.
A 'drip, drip, drip' of revelations

Democratic presidential candidate Hillary Clinton said on Sunday the politically damaging "drip, drip, drip" of revelations about her use of a private email server is out of her control and she is unsure when the controversy might end.

Clinton, who has seen her lead shrivel in the race for the 2016 Democratic presidential nomination, said she has tried to be as open as possible and take responsibility for the email flap.

"It is like a drip, drip, drip. That's why I said there is only so much I can control," Clinton told NBC's "Meet the Press."

But asked if she could reassure nervous Democrats that no new email revelations would hit her campaign, she said: "I can't predict to you what the Republicans will come up with, what sort of charges and claims they might make."

Clinton compared criticism about her use of private email instead of a government account while she was secretary of state to the flood of controversies and Republican-led investigations that marked the presidency of her husband Bill Clinton in the 1990s.

Hillary Clinton / GETTY IMAGES

"I have been involved from the receiving side in a lot of these accusations," Clinton said. "In fact as you might remember during the '90s there were a bunch of them. All of them turned out to be not true."

Clinton has apologized for the email set-up and said it was a mistake. She gave 55,000 pages of work-related emails to the State Department last year but eliminated about 30,000 emails she said were personal. On Sunday, she said she did not help her lawyers determine which ones to turn over.

"I did not want to be looking over their shoulder," she said, calling accusations she was trying to avoid transparency laws "ridiculous." **REUTERS**

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STRAIGHT Talk

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"Fraction Of An Inch" Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

Viscosupplementation.

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to amedical clinic in New York City, This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space -
or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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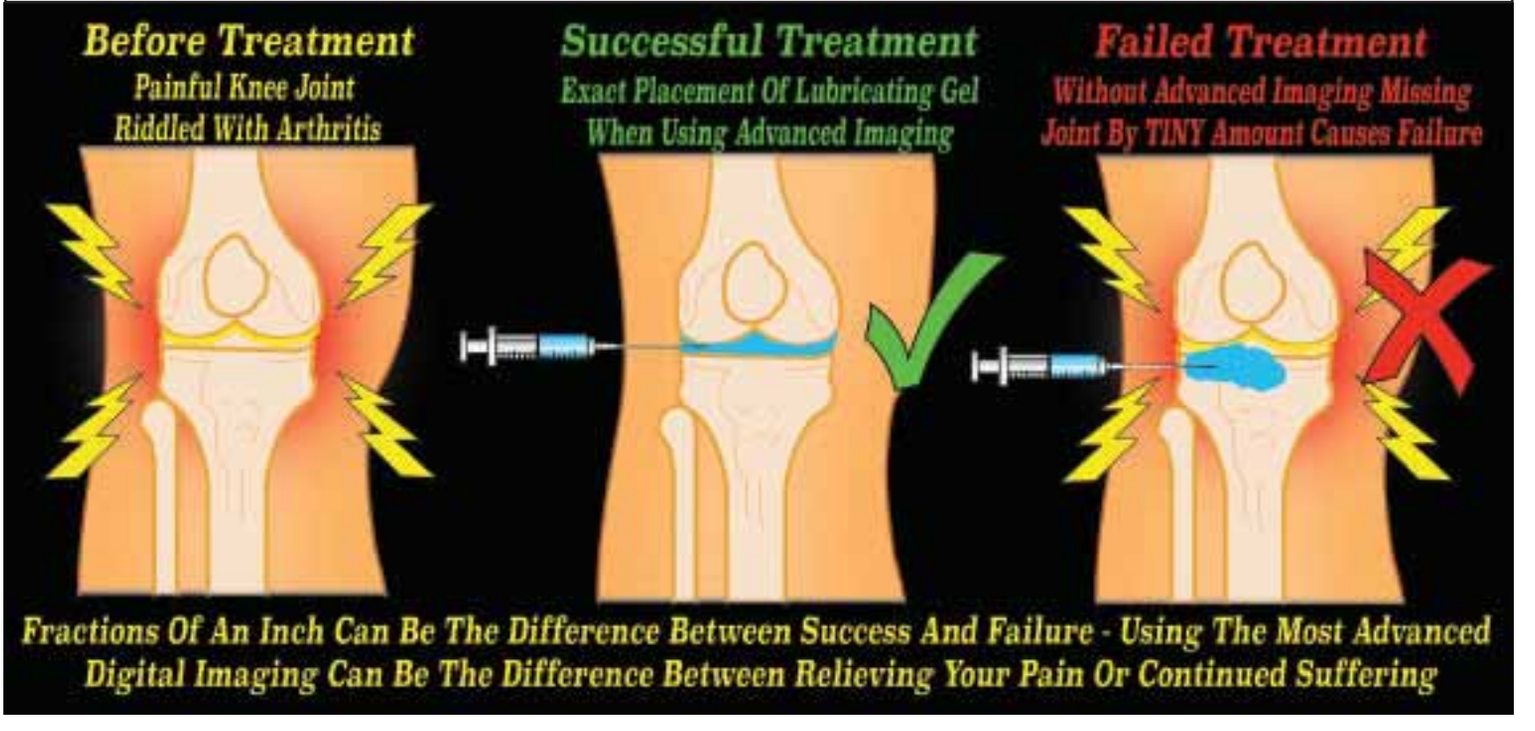
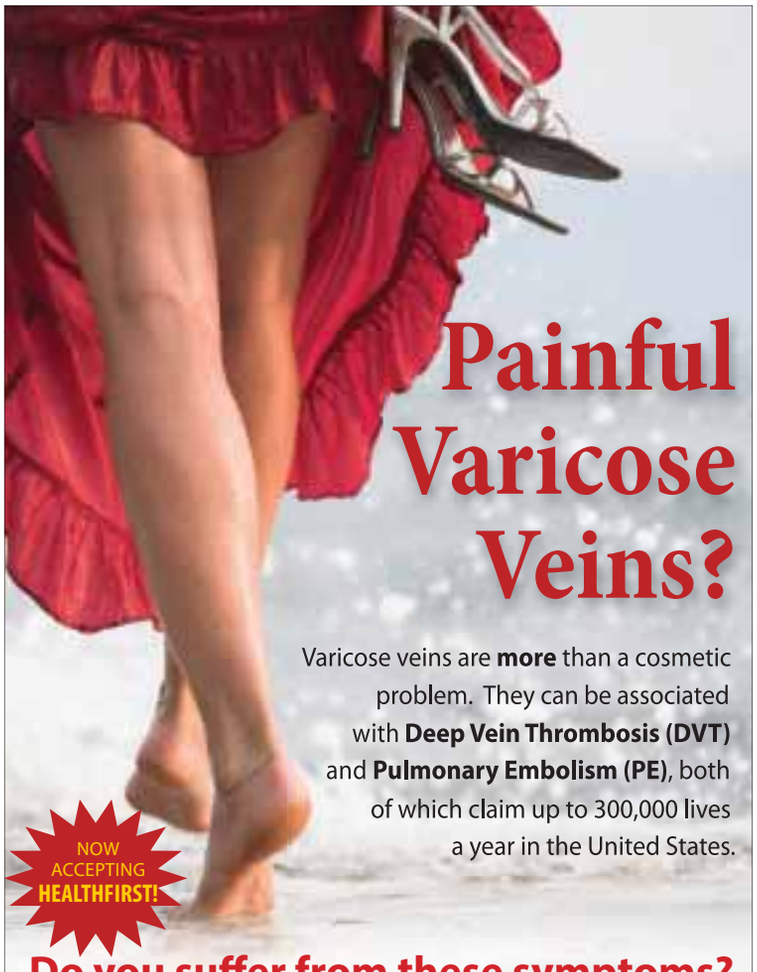
Director Alexander Garger MD	Director Gazelle Craig D.O.

Why A Fraction Of An Inch Can Be The Difference: **Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to**


Before Treatment
Painful Knee Joint
Riddled With Arthritis
Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging
Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure
Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering



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The Tunnel to Towers run honors FDNY firefighter Stephen Siller. When he heard the World Trade Center was attacked, Siller, off-duty, ran from Brooklyn to Lower Manhattan with 70 pounds of equipment. Siller was last seen at West and Liberty streets. The 5K run mirrors the route he made on 9/11. About 30,000 people participated in this year's race.

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No g'day for you, sir. / ALL PHOTOS GETTY IMAGES

1 Australia says what we're all thinking about Chris Brown

Chris Brown is scheduled to take his tour to Australia in December, but those plans might have to be scrapped if he's denied a visa to enter the country — which he very well might be, due to his history of domestic violence. "People need to understand, if you are going to commit domestic violence and you want to travel around the world, there are going to be countries that say to you, 'You cannot come in because you are not of the character that we expect in Australia,'" says Australian Minister for Women Michaelia Cash, according to the BBC — though I can't imagine what other countries would get so specific about what Australia expects, but whatever. The continent-nation's immigration department has issued a "notice of intention to consider refusal," and Brown has 28 days to prove that he's worthy of stepping foot on Australian soil. This should be good.

Daily video

DEVON MEADOWS / YOUTUBE

Cat shuts up dog

Who's the boss? In this fancy industrial loft apartment, the cat is the boss, and don't you forget it, new puppy. A home surveillance camera catches the yappiest member of the household letting loose on the bed before its feline counterpart swoops in for a silent stare-down shushing. Pretty impressive. And given the presence of the drum set in the corner, I can understand why the cat values its moments of quiet.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2 Kaley Cuoco no longer sweet on Sweeting

Can we sneak this one in under the wire for the Summer of Celebrity Divorces even though it's officially autumn? "Big Bang Theory" star Kaley Cuoco-Sweeting is officially ditching her hyphenate — and her husband — as she and hubby of almost two years Ryan Sweeting are calling it quits. "Kaley Cuoco and Ryan Sweeting have mutually decided to end their marriage," her rep says in a statement. "They ask for privacy at this time. No further statement will be issued regarding this matter." Note that in the official statement she's already sans hyphenate. Subtle.

Back in April, amid talk of a potential split, Cuoco took to Instagram to stand up for her man and her marriage and shoot down the rumors. That post, pointedly, has been removed. I see what you did there.

3 Frances Bean secretly married a Kurt Cobain cosplayer

They grow up so fast. Frances Bean Cobain, the daughter of Kurt Cobain and Courtney Love, reportedly went off and married boyfriend Isaiah Silva in a super-secret ceremony, according to E! News. How super-secret are we talking? Not even Love knew about it. Ouch. "Courtney loves Isaiah but was devastated to learn that Frances had gotten married without her knowing," a source says. "Courtney really likes Isaiah and is very happy for Frances. Courtney is sad she wasn't at the wedding. Frances called her after but understands why she did it. Frances needs a man in her life and has always craved stability. She's found it in Isaiah. This has not caused a rift between mom and daughter. Courtney was sad, but she's cool and Isaiah is a great son-in-law." A great son-in-law who dresses eerily similarly to his new bride's dead dad, I think it's worth pointing out.

Here she is now.

Haters gonna hate.

4 Robert Pattinson sums up online trolls

Robert Pattinson keeps breaking the No. 1 rule of the Internet: Don't read the comments. "I go through periods where I don't do it at all and feel glorious. Then I'll fall back into this pit. It really does affect you, and it all comes from some moron sitting on a comment board. It's always that person who's needling away at you, who you either want to destroy or convince them to love you," he tells NME. "You end up trying to fight against this faceless blob, where the more you hate it, the bigger it gets, because it's all in your head."

And we're not just talking about "Twilight" haters here. R-Patz has been dealing with a whole new wave of anonymous online negativity from racist idiots ever since he got together with FKA Twigs. "I was talking to my dad about this and I bet him that if he looked up Nelson Mandela's funeral on YouTube, the first comment would be a racist one. And it was, with like, a million up-votes. What I don't get is why," Pattinson says. "I think it's because most normal people are not commenters. I've never met anyone who's left a comment on anything. It's just demons who live in basements." Sick burn, bro.

2 CULTURE

Twitter feed

Today, Azealia Banks is considering extreme measures, Hailee Steinfeld is a bit wiped out, Patton Oswalt is projecting, Whitney Cummings is looking for something old-fashioned and Bob Saget is feeling his age.

@AZEALIABANKS: I need someone or something to come along to distract me from myself and from the world. I probably need to have a child.

@HaileeSteinfeld: Oh jet lag...

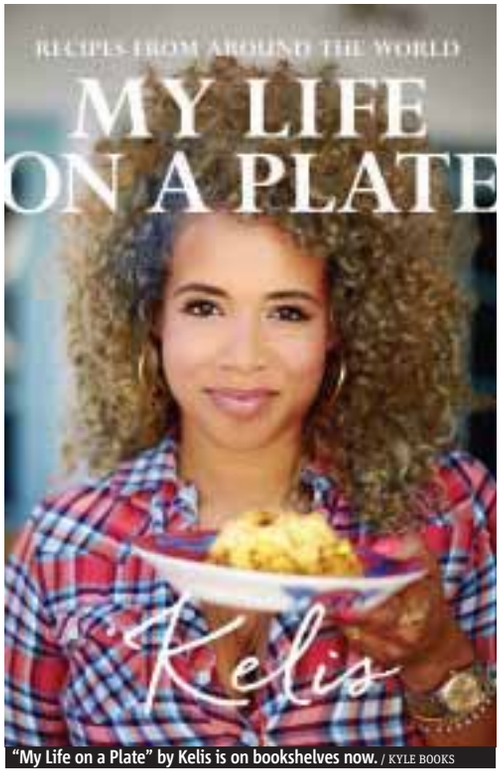
@pattonoswalt: "Philadelphia is wonderful. I do wish your pizza eateries offered hot tea instead of only iced." #PopeInPhilly

@WhitneyCummings: One guy told me he's an "ass man" another just said he's a "boob guy." Any dudes left that are just into vaginas?

@bobsaget: I gotta stop dating millennials.

More than milkshakes: Kelis' new treat

Food. The R&B singer is dishing the delicious details of her life in a new cookbook.



"My Life on a Plate" by Kelis is on bookshelves now. / KYLE BOOKS

Arroz con gandules is a staple in Kelis' home.

For the recipe, visit Metro.us

If you go

Kelis

Tuesday, 6 p.m.
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Though her milkshake brought all the boys to the yard, it's her arroz con gandules (rice with pigeon peas) that made them want to stick around, says Kelis.

Turns out the pop singer knows her way around a stove. Her last album, "Food," included such songs as "Breakfast," "Friday Fish Fry" and "Biscuits N' Gravy." She has her own Cooking Channel show, "Saucy and Sweet," as well as a line of sauces called Bounty & Full.

Now, Kelis is taking her love of cuisine one step further with her first cookbook, out today: "My Life on a Plate: Recipes From Around the World."

"All the recipes are a part of my life — they're the different elements that represent me," says the 36-year-old, who is pregnant with her second child. "I grew up in a very food-centered family, and it was always a big part of our day. We always ate dinner together."

But a young Kelis Rogers didn't just sit down at the table. "My mom had a catering service, so she was doing major events — it was serious cooking. But she taught me quickly, and I learnt by example."

Growing up in Harlem, Kelis enjoyed a smorgasbord of global cuisine. "We used to go and eat a lot of Chinese and Latin food. I discovered new food while traveling, but New York is such a melting pot." Her Puerto Rican heritage had a huge influence on her cooking style. "I love making Pernil — it's roast pork shoulder, or alcapurrias [stuffed fritters] that I grew up eating. I really got to enjoy Malaysian and Thai food when I was traveling. I'd already experienced those flavors before, but to be there and eat them was really exciting."

After her fourth album, "Kelis Was Here," in 2006, she took a hiatus from music and trained at Le Cordon Bleu culinary school. But don't ask her to pick between her two passions: "My journey was really important. I think I got to the place where I went to culinary school and fell in love with cooking because I had already accomplished something else that I thought I was meant to do — I had made a career."

Kelis is passing on her family tradition of cooking to her son, 6-year-old Knight, whom she had with ex-husband Nas. "I cook with my son in a very relaxed way. Sometimes he is just casually watching, sometimes he wants to get involved, so I bring him in. I always give him some sort of job; he likes using the electric mixer or cracking the eggs."

Like most other moms, she doesn't get to spend hours in the kitchen every evening. "On a normal day, I always have vegetables and some kind of meat. I like one-pot dishes like stews; they are healthy, quick and easy and they always work."

For those concerned, don't expect to find nutritional information alongside the recipes. "I'm not a calorie counter," she says. "I care mostly about the flavor, but I think that if you know the ingredients you can cook in a healthy way. I use Kosher salt, fresh butter, a lot of grains, as well as organic and locally-sourced vegetables. These are really good ingredients, because for me, that's what eating healthy is about."

ELODIE NÖEL
MWN

WATCH 'MOONRISE KINGDOM' TO YOUR HEART'S CONTENT

Wes Anderson Movie

'Moonrise Kingdom'

Wes Anderson has long been an easy target for ridicule. But he's kept doing him, and rightly so. His 2012 effort was more of the same: a hyper-designed, goofy-sad tale, this one of kids (Jared Gilman and Kara Hayward) running away into the woods, pursued by authority figures and aggressive Boy Scouts. He's almost daring you to call it self-parody, just as much as he's waiting for detractors to see he's not just about quirk. As ever, a heavy melancholic streak runs throughout, offering an insightful look at how characters, as they always do in Anderson joints, use artifice to shield themselves from pain. The adults are uniformly brooding, grumbling about past decisions that have left them unhappy. It's hilarious and gutting in equal measure, usually at the same time — just like all Andersons.

Jared Gilman poses in one of Wes Anderson's typically hyper-designed frames in "Moonrise Kingdom." / FOCUS FEATURES

NEW ON NETFLIX
MATT PRIGGE
matt.prigge@metro.us

Thriller

'The Bank Job'

Jason Statham has been pigeonholed. He's an old-school ass-kicker, but he can also be a funny, articulate motormouth as well as serious. "Spy" showcased the former, while this 2008 thriller — based on a stranger-than-fiction tale of a truly bizarre heist — reveals the latter.

Jason Statham in "The Bank Job" / LIONSGATE

Granted, he's still doing his taciturn badass routine, but there are more layers than he's often called on to show. That's because it's a Jason Statham movie that could theoretically exist without him and is thus freed to give him an actual character to play. Not that he should dial back on playing an action god, but as age subtracts his physical prowess, he may have other things to do.

Euro-erotica

'The Beast'/ 'Immoral Tales'

Polish filmmaker Walerian Borowczyk did '70s softcore erotica his way. There's plenty of T&A in his two best-known features — 1974's story anthology "Immoral Tales" and 1975's "The Beast" — but there are also smart, witty dissections of class and repression. "The Beast" is downright socialist. Its centerpiece finds a comely aristo dreaming of making sweet, super-graphic love to a horrifying, hairy and quite stimulated monster — a vision of sex-as-escape rendered cheekily absurd.

"The Beast" / IFC MIDNIGHT

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Clarke at base camp in "Everest" / UNIVERSAL PICTURES; GETTY IMAGES

Straight to the top

Interview. Jason Clarke goes to extremes to bring the true story "Everest" to life.

Even the actors have to battle the elements in "Everest," which re-creates a disastrous 1996 trip to the summit of the world's tallest mountain. And while you might assume it's all movie magic, Australian actor Jason Clarke has some surprising details about the heights to which the production went.

What was shot outside and how much was staged?
We started off [and] went to Kathmandu. We flew in there and shot all that stuff that you see there, and then we did basically the hike up to base camp, but we chop it up because of time. You start shooting at 12,000 to 16,000 feet. That was an issue because normally to acclimatize, the group will take two and a half weeks to climb up to that point, at which point you're ready to hang out at base camp for a month before you go for the summit. We had to go up and down quite quickly, so people were affected. There was a scene where we were up with the memorials to the dead people — that was shot at 16,000 feet, just around the corner from base camp.

That sounds amazing but terrifying.
Sure, but, oh my God, it was special. We then went to the Alps in Italy, and we shot a lot of the southeast ridge and the external stuff on the peaks up there between 10,000 and 13,000 feet. It was minus 30 in winter, so it was cold and snowy. Pretty much the only stuff we shot on the stage was the actual summit itself and the Hillary Steps stuff. Up there, it's the jet stream.

The costumes and the beard and being so bundled up — you don't really have to worry about makeup and hair things like that.
I mean, when we got to that stage, they stuck in this weird gel stuff that was horrible, but no. It was one of those "no acting required" gigs.

Were you much of a hiker or climber before this project?
Yeah, more so a lot of hiking. I'd done some climbing, and then I did a lot of big climbs to get ready for it back in New Zealand and then in Scotland just to kind of get a sense of what it's like to be out when it's f—ed up and just take it.

You're doing a New Zealand accent in this, and I feel like every time I see you, you're doing some accent different than your own.
I prefer to do an accent. It's one way to find character. For my next role I'm learning the violin and fencing. The work itself helps you find the character. If things weren't difficult to do, I'd probably be lazy. And I actually prefer to work with accents, when there's a voice. I remember Heath in "Brokeback Mountain," that voice that he had. That just was his character. It was amazing.

I appreciated how death scenes were handled with restraint. People are just there one second and not there the next.
Absolutely, yes. That's Baltasar [Kormakur] sticking to his story and knowing his story and saying, "This is the movie that I'm making," and understanding the power of good story. He knew exactly the line and kept us on that line.

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Matt Nathanson isn't afraid to get ugly

New music. On his 10th album, "Show Me Your Fangs," singer-songwriter Matt Nathanson proclaims Bill Murray his hero and patron saint.

Matt Nathanson's album "Show Me Your Fangs" is out Oct. 2. / VANGUARD RECORDS

If you go

Matt Nathanson
Oct. 1, 9 p.m.
Bowery Ballroom
6 Delancey St.
$32.75, 212-533-2111
www.bowery ballroom.com

Singer-songwriter Matt Nathanson is releasing his 10th album, "Show Me Your Fangs," Oct. 2, and even after all these years, he says he still has inspiration in abundance.

"I'm such a nerd for music still," Nathanson replies without hesitation. "I'm the only person I know who still seeks out new music. I'm constantly going to record stores and blogs, and figuring out what's going to turn me on," Nathanson tells us.

His energy is contagious. Early fans have stuck with Nathanson throughout the years, but he's also picked up plenty of new ones. That probably explains why his U.S. tour sold out shortly after tickets went on sale.

Sinking his teeth into honesty

For his landmark 10th record, Nathanson's hook-laden life stories are couched in an overall theme of self-identity and how we choose to reveal ourselves, and what we hide, he says. "The title track and all the songs move to this place of being honest, and 'Show Me Your Fangs' is like, show me what you've got. Show me your ugliest; show me your cruelest side. I can handle them; it's not going to scare me off."

Bill Murray, patron saint and hero

Among the songs on "Show Me Your Fangs" is one extraordinary take on a real person. Simply called "Bill Murray," Nathanson wrote the song about the actor and latter-day legend who has somehow managed to reach general hero status, what with his everyday antics as well as his choice film roles. Nathanson's song is about a fictional adventure he and Murray take around the world, and the life lessons Murray teaches him along the way.

"I feel like he is somebody who has a very low threshold of being embarrassed and self-conscious," Nathanson says of why he chose to write about a famous person whom he's never met. "He does things from a place of strength, and it's an inspired place to be. Bill Murray is the patron saint of this album — and my life, probably."

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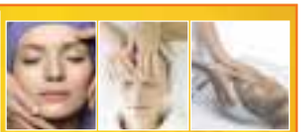

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Aries You are on an emotional roller coaster. Conversations with colleagues or family members will become heated if you don't back down.

Taurus Anxiety and confusion will dog your day. Participating in a physical activity with friends will be a diversion from negative thoughts.

Gemini You can't do everything yourself. Being a contributing member of a team will bring you recognition and rewards.

Cancer Listen to and observe what is going on around you. Consider your next move before letting others know your plans.

Leo You will be the main attraction today, so make the most of it. Everything will fall into place and go according to plan.

Virgo Money spent on improvements to your living quarters or appearance will pay off. Your situation will be competitive.

Libra Anger and tension will wear you down. Steer clear of anyone looking to start an argument. Surround yourself with people who build you up.

Scorpio You are in a high creative cycle. Your dependable reputation and a strong work ethic will help you gain recognition.

Sagittarius You will be bored if you don't try something that offers mental or physical stimulation and adventure. Love and romance will play out well.

Capricorn You will run into problems if you are outspoken. Make sure you have your facts straight and the approval of everyone involved.

Aquarius Widen your circle of friends in order to encounter unique opinions. Your knowledge will grow if you incorporate the ideas you discuss.

Pisces Don't sell yourself short. Make the most of every opportunity. The more you know, the greater confidence you will have. **EUGENIA LAST**

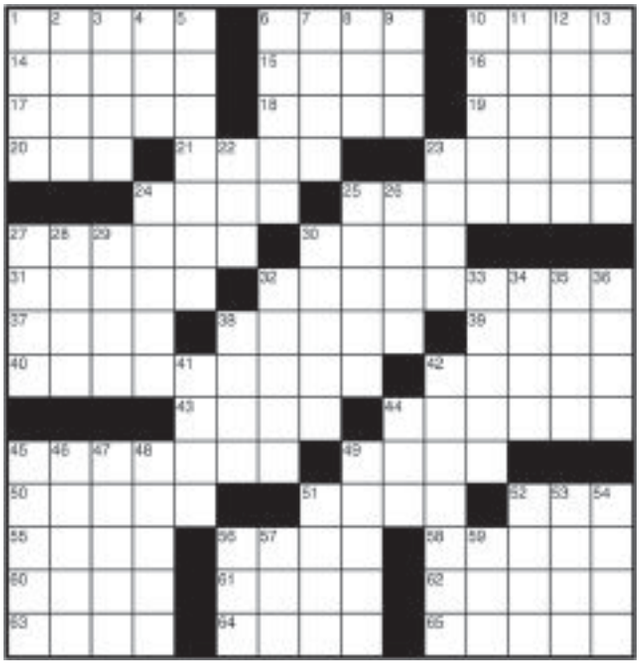
metro.us/crossword

Across

1 Visages
6 Galba's successor
10 Dose the dog
14 Tibet's capital
15 Jumbled type
16 Mayberry moppet
17 Attendant
18 Take care of
19 Frat-party orders
20 Untold centuries
21 Heroic exploit
23 Round numbers?
24 Female deer
25 Silo, maybe
27 Twang or drawl
30 Make — — for it
31 Curtain material
32 Swindlers
37 Morales of "La Bamba"
38 Solo
39 — St. Laurent
40 Trains (hyph.)
42 Snapshot
43 Memoir topic
44 Meadows
45 Did a second draft
49 WWW addresses
50 Ram constellation
51 Wannabe prince
52 Blank space
55 Banter
56 Jean Auel heroine
58 Walks unsteadily
60 Underway
61 Shear fabric?
62 Jots
63 Thyme, e.g.
64 Carries with effort
65 Signified

Down

1 Furnace duct
2 Mr. Moto remark (2 wds.)
3 "High Hopes" writer
4 Compass pt.
5 Tinned fish
6 Chose
7 Secured
8 Pullet
9 Not even
10 Roused
11 Musical work
12 Exactness
13 Cluttered
22 Tolkien tree giant
23 Novelist — Grey
24 Sun, in combos
25 Toothy smiles
26 Artifice
27 With, to Yves
28 Blackjack
29 Hi or bye
30 Not give — —
32 Lock up
33 Early harps
34 Like Mr. Hyde
35 Rip apart
36 Sound-barrier breakers
38 At the drop of — —
41 TV's Sharkey et al
42 Wanderer
44 To and —
45 Howdah occupant
46 Notched, as a leaf
47 More sensible
48 Fix up
49 Europe-Asia divider
51 Horsewhip
52 Japanese clog
53 Mr. Greenspan
54 Discreet summons
56 Hole puncher
57 One of us
59 Help-wanted abbr.



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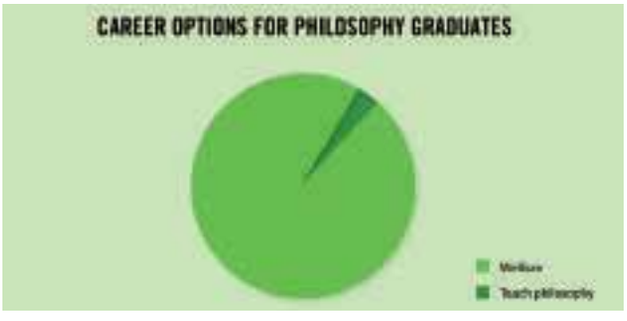

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easy

			7	9	1		3	
					8		7	
7						2	6	1
4			9			6		3
		8		7		4		
9		2			3			7
3	4	6						5
	1		8					
	9		3	6	4			

hard

		5	7					
9		7		5	2		8	
		1		9		7		
1	7		2					3
	4						6	
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		4		6		8		
	8		9	4		5		7
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HOW TO GET AHEAD

‘Eat, Pray, Love’ author on how to live your most creative life

Elizabeth Gilbert’s new book, “Big Magic,” teaches how to live with creativity and courage.

EMILY LAURENCE
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Best-selling author Elizabeth Gilbert has made a successful career following her creativity, so naturally she gets asked for tips all the time. Even if you don’t have a career that allows you to be creative every day, there are ways you can follow the ideas that fascinate you. Here’s how:

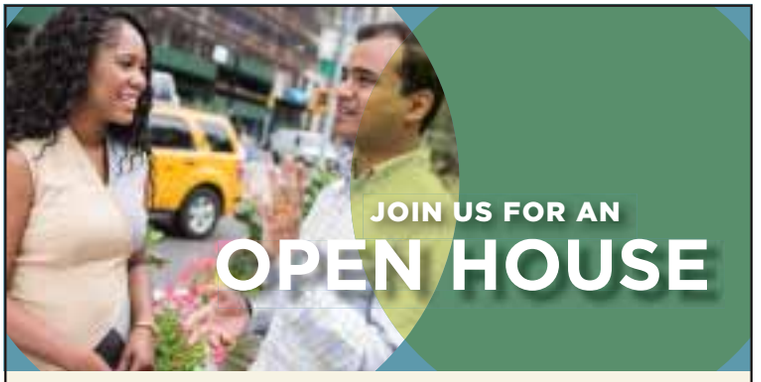
Follow your curiosity

If you think only writers, artists and musicians can be creative, think again. Gilbert is a strong believer that anyone can be creative, and that “creative” shouldn’t be confused with “artistic.”

“The definition of ‘creative living’ is paying attention to your curiosity and following wherever it leads you,” she says. “It’s going to lead to a much more interesting life, no matter what it ends up producing — or doesn’t produce.”

Uncover your “strange jewels”

In “Big Magic,” Gilbert encourages readers to uncover their own per-



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sonal "strange jewels," a thought inspired by her favorite poet, Jack Gilbert: "The jewels that are hiding inside you are begging to say yes."

"The jewels can be anything from talents to virtues to purpose in life," she says, adding that following what you find interesting is part of the treasure hunt that can lead to a more curious life. "Those things are clues trying to get your attention. Put some energy behind it and follow up on it."

Stop making excuses

Gilbert says people often write her on social media complaining that they don't have time to be creative. Gilbert fires back that if you have time to be on social media, watch TV or read magazines, then that isn't necessarily true.

"When I start to pick apart that argument with people, it turns out it isn't really a question about having time," she says. "They're afraid. They're afraid they don't have the material, or the right training, or they'll get rejected or ignored. It doesn't really have to do with time." She stresses that once people put aside these fears, they can uncover something great.

Elizabeth Gilbert's new book "Big Magic" is out now. GETTY IMAGES

Cultivate a creative community

In her book, she says success in creativity is part hard work, part magic. Part of the magic is surrounding yourself with people who can help fuel your creativity. Search for others who are curious about the same things you are either online or in meet-up groups. "They aren't hard to find," she says.

Practice self-forgiveness

It's human nature to start off excited about an idea, but for that interest to fade over time until you end up abandoning the idea all together. Gilbert says the key to seeing a creative project through is self-forgiveness.

"You have to look back at what you created and say, 'I'm still learning and experimenting. Even if I don't know exactly what I'm doing, this is still worth my time,'" she says. "Even if it doesn't turn out to be what you [thought] it would be, it might turn out to be something else kind of cool."

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Keep in mind

Because learning a language takes practice — and because not every public school offers such immersive programs — parents need to be involved. "Putting [your kid] in some program is not going to be enough," says Saint Martin. "You really need to be committed, even if you don't speak the other language yourself." Put them in other activities in that language, or perhaps have your kids teach you so you can learn together.

Speaking two languages fluently makes students more curious about and open to the world around them. ISTOCK

If you go

The Bilingual Fair

Saturday, Oct. 3, 9 a.m.-5 p.m.
Hunter College (68th Street and Lexington Avenue)

The benefits of a bilingual education

Students who speak two languages fluently have more success and opportunities.

RAQUEL LANERI
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Across the country, more and more schools are implementing bilingual programs, in which students attend an equal number of classes in English and in another language such as Spanish, Portuguese or Mandarin.

Half the school districts in Utah — by far the most progressive state when it comes to this type of education — offer dual-language immersion, to great success. This school year, New York City is expanding its own language-immersion programs to 40 additional schools, which means the Big Apple now has about 150 bilingual public schools.

"There's a huge interest," says Emmanuel Saint Martin, a French native and founder of the Bilingual Fair in New York City, which will be held Saturday. "Sometimes it comes from parents wanting their children to connect with their heritage, but there are also many American families who want to get their kids ready for a globalized world.

"It's a big contrast to 50 years ago, when the first thing an immigrant family wanted to do was to forget their language," he adds. "People still want to be assimilated, still want to speak English, but now they want their kids to keep their heritage, too. It's seen as an advantage."

We talked with Saint Martin about the benefits of going to a dual-language school.

It's good for the brain

Researchers at York University in Toronto have found that bilingual children have greater cognitive flexibility, meaning they can process a greater amount of information than their peers.

"Because their brain is used to switching from one language to another, they're able to multitask better," says Saint Martin. "They know how to ignore the information or knowledge in their head that they don't need and make the right choice at the right moment." Studies have shown this helps with mathematics and social interactions.

It's good for health

All that brainpower has an even more significant effect, says Saint Martin: "It helps delay and prevent dementia." Indeed, a 2010 study of 211 Alzheimer's patients found that those who spoke two or more languages fluently — like doing crosswords and other puzzles — staved off the disease longer than those who didn't.

It makes you more employable

You may think that everyone in the world speaks English. Wrong. And with the economy getting increasingly globalized, employers are looking for workers who can travel and converse with international clients and partners. "The fact that you are able to communicate with much more people means that you'll be able to find better jobs — and better-paid jobs," Saint Martin says.

It makes you more open-minded

Learning multiple languages — and studying with peers who come from different cultures — makes students more well-rounded, more inquisitive, more tolerant and more curious about the world. This is a must in our increasingly diverse, connected and global society. "Bilingual kids are more open to the world and open to others," says Saint Martin. "And that's very advantageous nowadays."

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Sloppy Jets dealt their first loss of the season

NFL. Three things we learned in the Jets' 24-17 home loss to the Eagles.

Philly's Ryan Mathews finds the end zone in the second quarter as New York's Demario Davis can't catch up. / GETTY IMAGES

A sporadic performance from the offense and a defense that looked lost much of the game sent the New York Jets to their first loss of the season, a 24-17 home defeat at the hands of the Philadelphia Eagles.

Up 3-0, the Eagles got a major lift early in the second quarter when Darren Sproles returned a Ryan Quigley punt, breaking three tackles for an 89-yard touchdown return. It then became 17-0 with 4:57 to go before halftime as Sam Bradford hit Ryan Mathews on a wheel route for a 24-yard touchdown. The score ended an eight-play, 75-yard drive that took just 3:19 off the clock.

It got worse shortly thereafter, when on the Jets' next possession, Ryan Fitzpatrick connected with wide receiver Brandon Marshall for 15 yards, but then he inexplicably tried to flip the ball to a teammate. The result was a fumble and the Eagles took over on the Jets 36-yard line. They would punch one into the end zone for a commanding 24-0 lead.

1 Flat Jets
This was a game that was there for the taking. Even at the end of the first quarter, it was only a 3-0 lead for Philadelphia. The Jets were in it. They had chances to move the ball down the field, they had several good starting positions for several of their offensive drives. Instead, the quarterback play was poor as Fitzpatrick locked-in on his wide receivers. Mistakes on special teams, poor tackling and a weak pass rush killed the Jets from the beginning.

2 No Decker, big problems
With wide receiver Eric Decker out with a knee injury, the Jets lost one-part of their much-improved passing offense. In his place, the Jets gave Jeremy Kerley a much larger role. Devin Smith, making his NFL debut after a rib injury in training camp, also got time. Kerley was solid but not special and Smith looked very raw and unready to play. It 's apparent that Decker is a big part of this offense, keeping teams from doubling down on Marshall.

3 Turnover troubles
There was the fumble from Marshall and three interceptions thrown by Fitzpatrick in the second half and truthfully, the Eagles could have intercepted the offense a couple more times. Defensively, the Jets hardly gave Philly fits.

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3 SPORTS

MLB

Tanaka's status up in the air

The next time Masahiro Tanaka throws for the Yankees will be Thursday against the Red Sox or a week from Tuesday in what will likely be the Yankees one-game wild card contest against a yet-to-be-determined opponent. Tanaka is recovering from a hamstring strain. The Yanks beat the White Sox Sunday, 6-1, and have a magic number of three to clinch a wild card berth.

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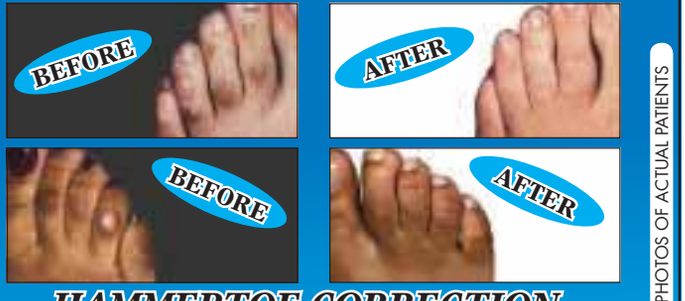

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Patriots again

NFL. New England flexed its muscle and the Steelers were dealt a big blow.

The Patriots dominated Jacksonville Sunday at Gillette Stadium and moved to 3-0 on the season. Tom Brady threw for 358 yards and two touchdowns, Rob Gronkowski topped 100 yards receiving, and LeGarrette Blount reestablished himself as the face of the Patriots' ground game with three rushing scores in a 51-17 New England win. The Patriots are on their bye week next weekend but will be at Dallas on Oct. 11.

Steelers 12, Rams 6
Just when the Steelers got Le'Veon Bell back, they may have lost Ben Roethlisberger for much longer. The quarterback was carted off the field with a knee injury. St. Louis back Todd Gurley had just nine yards on six carries in his NFL debut in a game where both teams had less than 260 yards of total offense.

Vikings 31, Chargers 14
The Vikings relied on Adrian Peterson again and won again, as the back racked up 126 yards and two touchdowns on the ground. Philip Rivers was sacked four times and eventually pulled from the game after the Chargers fell behind. Chad Greenway returned a Rivers interception 91 yards for a touchdown.

Texans 19, Buccaneers 9
One of eight winless teams Sunday morning, Houston took advantage of a matchup with the Buccaneers to get into the win column. Alfred Blue had 139 yards and a touchdown for the Texans while Arian Foster continued to sit out.

Panthers 27, Saints 22
Even with Drew Brees sidelined, the Saints threw the ball 38 times and ran it 24. Luke McCown, starting for Brees, completed 82 percent of his passes for 310 yards but couldn't out-duel Cam Newton, who threw for 315 yards and scored three touchdowns of his own, throwing two to tight end Greg Olsen.

Around the league

More scores from Sunday's Week 3 action:

- Cardinals 47, 49ers 7
- Bills 41, Dolphins 14
- Seahawks 26, Bears 0
- Green Bay hosts Kansas City tonight on Monday Night Football (8:30 p.m., ESPN)

Devin McCourty and Duron Harmon celebrate McCourty's interception of Jacksonville quarterback Blake Bortles Sunday at Gillette Stadium. / GETTY IMAGES

impressive in a blowout win

Bengals 28, Ravens 24
A defensive contest suddenly exploded with the two teams combining for 31 points in the fourth quarter, highlighted by an 80-yard catch and run by A.J. Green that got the Bengals back in the game. Green's second touchdown catch put the Bengals ahead for good, and dropped the Ravens to 0-3 for the first time in franchise history.

Colts 35, Titans 33
First, the Colts took a 14-0 lead, bolstered by a Dwight Lowery pick six, one of two interceptions for Lowery on the day. Then, in a microcosm of the Colts' season so far, the Titans scored 27 straight points to take a commanding lead before Andrew Luck came storming back in the fourth quarter. Three straight Indianapolis touchdowns were enough for the Colts to withstand a late Tennessee touchdown and two point conversion attempt.

Falcons 39, Cowboys 28
It looked for awhile as though Dallas would pass its first test without Tony Romo, as they pulled out to a 14-0 lead behind two touchdowns from Joseph Randle, who would finish with three scores on the day. Atlanta outscored Dallas 22-0 in the second half however, as the Cowboys had no answer for Julio Jones (164 yards and two touchdowns) or Devonta Freeman (141 yards and three touchdowns).

Ben Roethlisberger was carted off the field in St. Louis with a knee injury. / GETTY IMAGES

Raiders 27, Browns 20
Cleveland was driving late, but Oakland sealed the victory with an interception by future Hall of Famer Charles Woodson, his 61st career pick. Travis Benjamin caught a touchdown for the third straight game this season for Cleveland. First-round pick Amari Cooper had 134 yards receiving for the Raiders, and Latavius Murray added 139 on the ground.

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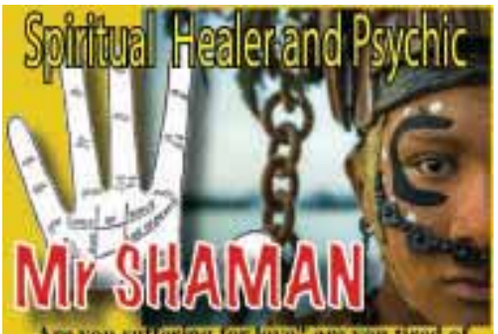

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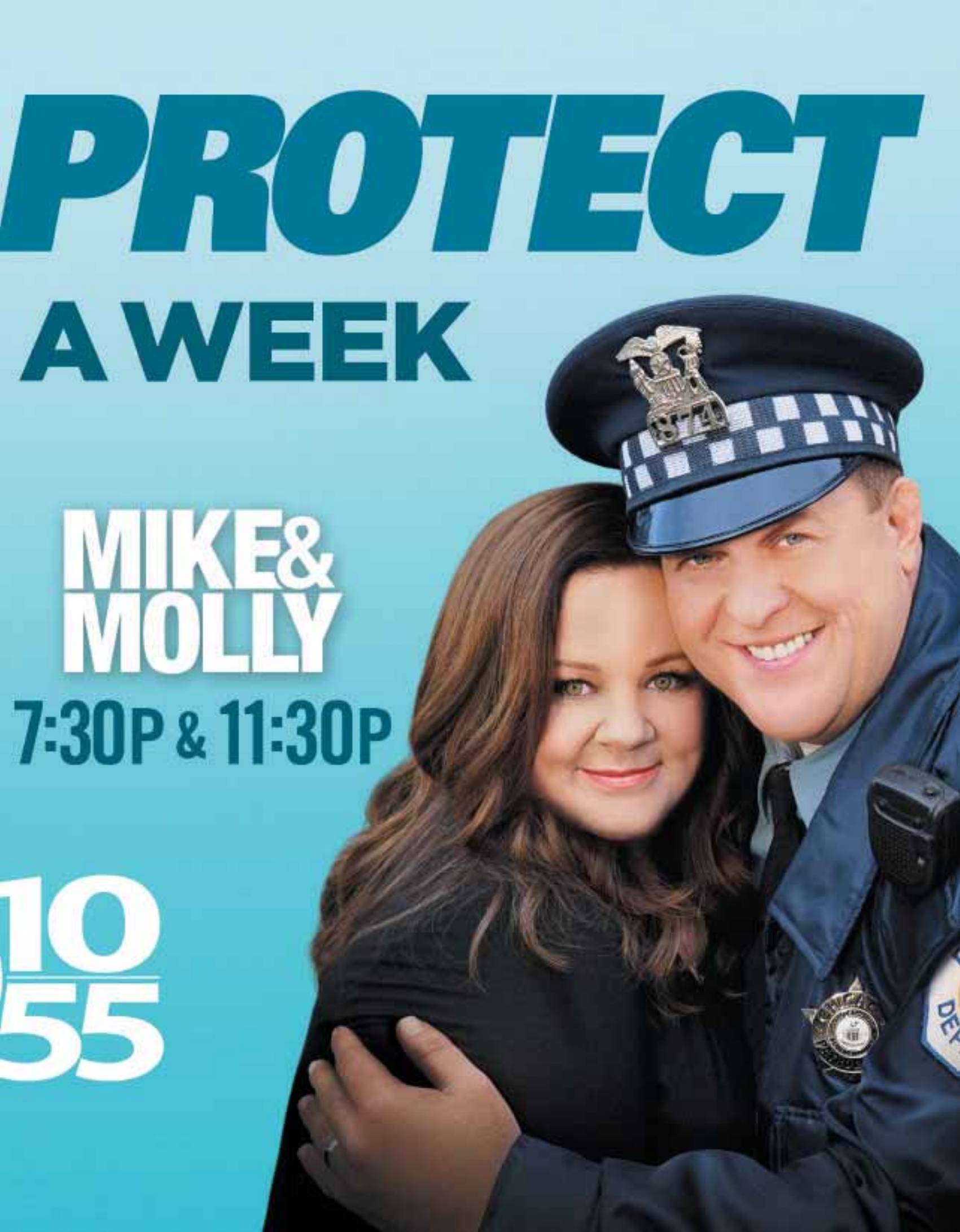

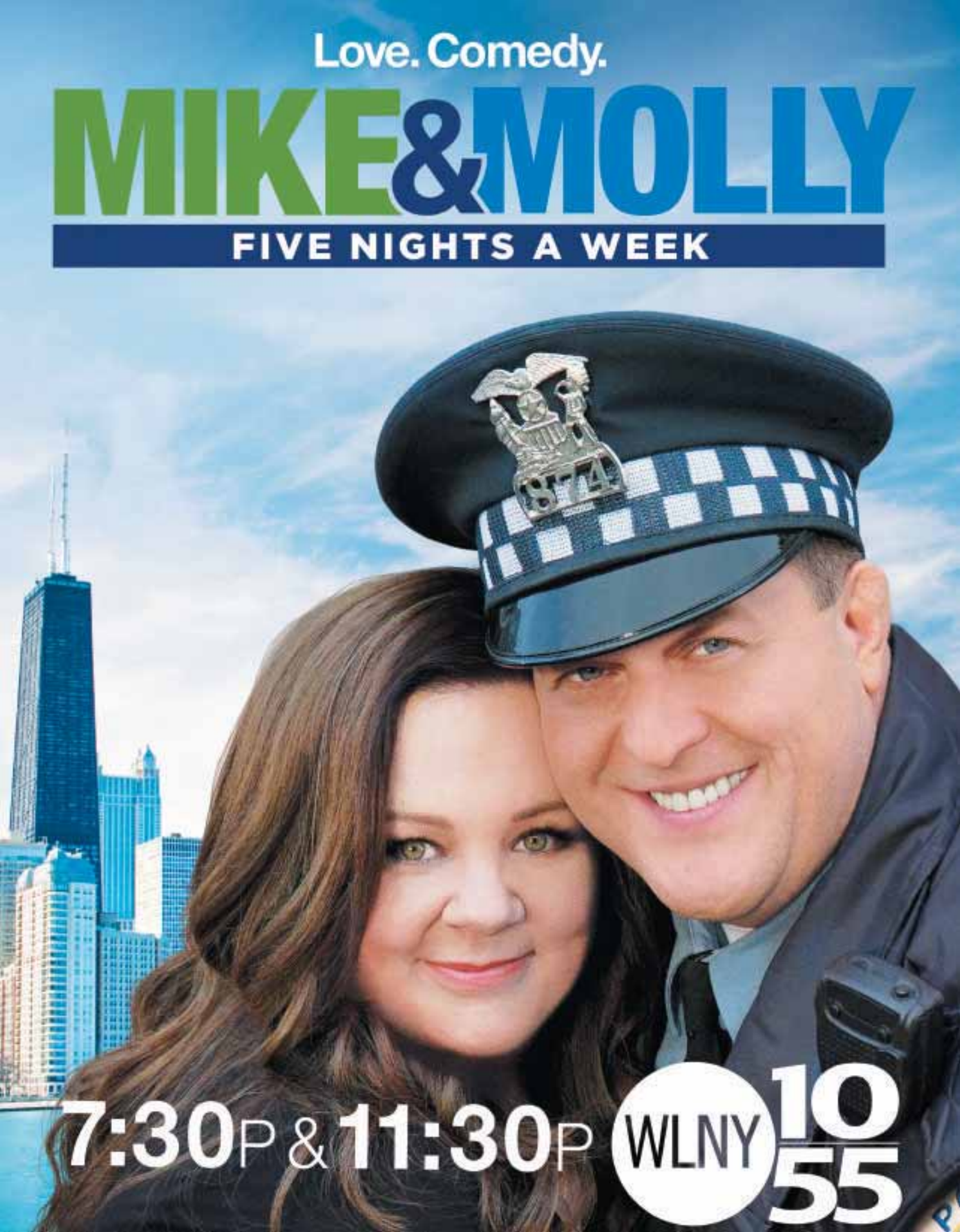
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